



"This is Our Sex Talk" Youth Message Series: Feb 17-Mar 10

## Series Overview Video

Watch this video to get a quick overview of our upcoming series.

<https://tinyurl.com/feb2023vid>

| SPRING<br>2023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | High School | PE |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----|
| <h3>This is Our Sex Talk</h3> <p>As a parent, you know that there is no shortage of opinions or ideas about what's right, what's wrong, and what's actually best when it comes to the topic of sex. But, what if there's more to it than we commonly think? What if sex is meant to be seen as good and powerful, because it's actually God's idea? In this four week series we'll discuss God's design for sex and then talk about the way technology, confession, and boundaries intersect with the idea of living with "sexual integrity" during your kid's high school years.</p> <div><p><b>MEMORY VERSE</b></p><p>"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." 1 Corinthians 6:19-20, NLT</p></div> |             |    |
| <b>Week One</b><br><b>Genesis 2:25</b><br>Sex is good and sex is powerful.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |             |    |
| <b>Week Two</b><br><b>1 Corinthians 6:18-20</b><br>Technology is good and technology is powerful.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |             |    |
| <b>Week Three</b><br><b>Galatians 6:2, 1 John 1:5-9</b><br>Confession is good and confession is powerful.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |    |
| <b>Week Four</b><br><b>1 Corinthians 6:18-20, 10:13</b><br>Boundaries are good and boundaries are powerful.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |             |    |

| High School                                                                                                                                                                                                                                                                 |                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| ENGAGE IN EVERYDAY MOMENTS TOGETHER                                                                                                                                                                                                                                         |                                                                                                                                                   |
| <b>Morning Time</b><br>As your teen starts their day, tell them about something kind or thoughtful that may not think you noticed—but you did.                                                                                                                              | <b>Their Time</b><br>When your teen wants to talk, practice listening without forming a response in your mind before they finish.                 |
| <b>Meal Time</b><br>At a meal this week, have everyone answer this question: "What are your thoughts about sex and sexuality in society? Parents, what is the same and what is different from when you were a teen? Teens, is there anything good about those differences?" | <b>Bed Time</b><br>Pray that your teen will have a healthy view of sex. Ask God to help you make talking about sex a normal part of conversation. |

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## THIS IS YOUR WORKBOOK [DIGITAL COPY]

Each student will receive a printed copy of this Workbook to help them process their thoughts, feelings, and ideas, when it comes to living with sexual integrity.



[https://drive.google.com/file/d/1yUg4A6\\_HlatMQQKiS6GDhkhkePwOaFkj/view?usp=sharing](https://drive.google.com/file/d/1yUg4A6_HlatMQQKiS6GDhkhkePwOaFkj/view?usp=sharing)

### Calendar

|                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------|
| Feb 17 (Fri)- This is Our Sex Talk 1- Sex is good and sex is powerful.                                               |
| Feb 19 (Sun)- This is Our Sex Talk 2- Technology is good and technology is powerful.                                 |
|                                                                                                                      |
| Feb 24 (Fri)- Activity Night Q&A Panel                                                                               |
| Feb 26 (Sun)- This is Our Sex Talk 3- Conversation about Sexual Orientation and Gender w/ Eddie and Brittany Sariol. |
|                                                                                                                      |
| Mar 3 (Fri)- This is Our Sex Talk 4- Confession is good and confession is powerful.                                  |
|                                                                                                                      |
| Mar 10 (Fri)- This is Our Sex Talk 5- Boundaries are good and boundaries are powerful.                               |

## PARENT RESOURCES

Good to Know Parent Preview Video (Found in the “Parent Cue” folder of your series download)

Parent Cue Live Podcast: [Sex Conversations through the Phases](#)

Parent Cue Blog Post: [Conversations Every Parent Is Scared Of](#)

Parent Cue Blog Post: [What I Learned About Having The TALK](#)

Parent Cue Blog Post: [When and How to Talk to My Child about Pornography](#)

Parent Cue Conversation Guide: [Sexual Integrity for All Phases](#)



## — Part 1 Message Direction —

There's more to sex than you think.

Have you been in a group text and all of a sudden your phone's blowing up with lots of chatter, and you check your texts and there's a conversation going on midway through, and you're all confused and you have no idea what's going on?

For you to understand what's going on, you have to scroll up and go to the beginning, right?

In the same way, in our current time there's a lot of confusion about sex, so what's the best thing we can do to get understanding? Go to the beginning. And when I say the beginning, ALL the way to the beginning! Let's take a look at the very first book of the bible, Genesis.

Scripture:

*Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."*

*So God created human beings in his own image.  
In the image of God he created them;  
male and female he created them.*

*Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it."  
Genesis 1:26-28a NLT*

### **God's Intended Design**

- **God made people. (Gen 1:27 NLT)**
- **God assigns gender. (Gen 1:27 NLT)**
- **God made sex to be good and powerful. (Gen 1:28a NLT)**

Sex is good and sex is powerful.

Sex is good.

It can feel good. It's an expression of love, a celebration of their trusting commitment and vulnerability.

Sex is powerful.

It brings two people together in an intimate way, it can create life, and it can bond relationships, but if sex is misused and corrupted it *can* break relationships.



**Whenever we live against God's intended design, we end up hurting ourselves and hurting others.**

How we treat sex and how we treat people matters.

Application:

We need to live with Sexual Integrity.

Sexual integrity is guarding your potential for intimacy through appropriate boundaries and mutual respect.

Sex is more than an act or physical experience.

God intended sex to be a connection and involve your whole being- your physical, emotional, mental, and spiritual being.

- Appropriate boundaries
  - Creating boundaries means having a conversation with yourself and conversations with God in prayer, (if you're dating: the person you are with) about what is acceptable physically and emotionally.
- It also means having conversations about what you're going to do to keep those boundaries.
- It means talking to a trusted adult/parent about their perspective- someone who can help you see past your thoughts and feelings with a more long-term goal in mind for your future and the other person's future.
- It means being smart and proactive ahead of time about what you want and don't want when you are in the moment.
- Mutual respect.
  - Philippians 2
  - It means that you're not in this for yourself and you won't be with someone who's in it for themselves.
- It means there's a question of: what is good for both of us?
- Does this honor them?
- Does this honor myself?



- Does this honor the mom and dad that raised them up as a baby from this very point?
- This means you don't take advantage of someone else and you don't compromise on your boundaries.
- This also means having conversations instead of trying to read someone else's mind, and you don't expect someone else to read your mind.
- You treat that person and you treat yourself as someone who God made, loves unconditionally, and highly values- because you are!

The reality is: sex was meant to be a good thing from God, but when sex is experienced outside of God's intended design, we end up hurting ourselves and hurting others. That's how powerful sex is outside of God's intended design.

Here's the truth: sex is so powerful, that Jesus had to die on the cross for it.

In our culture today, unfortunately, humanity has taken sex outside of God's intended design, and people, maybe even you and I, have experienced being hurt or have hurt others.

The good news is: Jesus came to die on the cross in our place for our sins. Jesus came to forgive us and offer salvation to us. Through the cross, He demonstrated his unconditional love to us, disarmed the power of sin over our lives, and brought us back into right relationship with God, that we may experience a new life in Him.

Through Jesus we can experience hope, healing, and wholeness. When we put our faith and trust in Him, he gives us the Holy Spirit to live in us and gives us the strength to live with sexual integrity. We can't live this life alone, we need Jesus. We need the Holy Spirit's power in our lives to honor Him and live with sexual integrity.

## — Part 2 Message Direction —

Technology is good.

- We can power our homes with the sun.
- Cars can drive themselves.
- Phones give us access to the world anytime we want!



At the same time, technology can be *really* difficult to manage.

- Have you ever purposely or accidentally used technology to procrastinate doing something that you need to do? You got so wrapped up in it that you didn't realize so much time passed by!
- If you were to look at your screen time, did you realize that that was more time spent there than you wish it was?
- Have you ever been overconfident in your ability to practice self control online?
  - You said you wouldn't check your crush's social media page or your ex's page, but you did.
  - You said you wouldn't do any online shopping, but you did.
  - You said you wouldn't look at porn or sexual content, but you did.
  - Maybe you got caught up in sending or receiving nudes.
  - Maybe porn has become a habit.

There's so much potential for good and so much potential for bad.

The authors who wrote the Bible didn't know about the technology we have today, but they did have something to say about the topics we're covering and the challenges those things create.

We read the Bible for inspiration, but we also read it to feel less alone.

Looking back at how they handled it can help us see how to handle it moving forward.

Paul- one of the central figures in getting the church started. He wrote a significant portion of the New Testament Bible.

One of those letters was to a church in a town called Corinth.

- Corinth was a thriving city.
- It was a hub for business and trading goods.
- Visited by a lot of people from east Asia and west Europe.
- It was like a party town. Think New York or Los Angeles!
- It was also a sexualized culture like our culture today.

In the midst of this, Apostle Paul said:

**"Flee from sexual immorality"**

**1 Corinthians 6:18 NIV**

Flee means to literally run away. Paul says to literally run away from sexual immorality.

What is sexual immorality?



The original word for sexual immorality that Paul says here is *porneia*- this is where we get the modern word pornography from!

So Paul is telling followers of Jesus to literally run away from pornography.

So we need to know that sexual immorality is acting in a way that doesn't line up with what God says is best when it comes to sex.

On the other hand, integrity is when your actions match your beliefs.

That's why In our series, we're helping us take steps towards sexual integrity.

Sexual integrity means respecting yourself and others when it comes to intimacy

It means you believe in respecting yourself and others, and you do your part to make sure that belief lines up with your actions.

It looks like setting boundaries- making intentional choices to guard against situations you don't want to be in.

This idea can change the way we think about porn.

Sexual content is all around us! Snapchat, TikTok, Youtube, IG, sexting, movies, anime, music, ads, conversations, apps, etc. It's everywhere!

Porn alone is a \$12 BILLION a year industry. Of course it's all around us all the time.

And here's what you and I need to know: It's impossible to spend time around something and *not* be affected by it!

Here's what you and I know: it's impossible to spend time around something and not be affected by it!

Paul continues:

*All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price.*

*Therefore honor God with your bodies."*

*1 Corinthians 6:18-20 NIV*

In this passage, Paul talks a lot about the potential negative impact of sexual immorality. But that's because he places such a high value on the way our bodies are connected to sex.

Our bodies are what we use to experience sexual intimacy that God designed.



Sex can affect so many areas of our lives- our futures or mental health, the quality of our relationships- so God must have designed it intentionally.

**That's why when it comes to sex and technology, we need to understand this:**

- Technology is a poor substitute for real sexual connection.
- Technology is a poor education tool for sex.
- Technology makes it easier to treat people worse.

Understanding sex and technology, will help you consider your future and what's honorable for your body.

Think about it this way:

Technology is good and technology is powerful.

When we turn to technology to satisfy our sexual desires, it leads us *away* from sexual integrity.

Porn is powerful enough to take us to a place we're not intended to go.

Porn is powerful enough to try to satisfy something that it was never meant to satisfy.

Technology is powerful enough to get out of control and highly addictive when we're not intentional with it.

**So what does sexual integrity look like in the area of technology?**

It starts by doing what Paul says:

**Flee from.**

Not walk away from it. Not ignore. Not avoid. NOT FIGHT, but actively RUN AWAY.

- If you find yourself being tempted by lust, cut off access to it.
  - Delete the apps or social media that leads you to sin.
  - Delete even access to the App store so that you don't have access to redownload those apps that lead you to sin.
  - If you haven't done so, put on filters on your devices.
  - Know when you're most vulnerable to temptation- what time of day? what place?

What would it look like for you to run away from sexual immorality?

**Run toward.**

- God- pray, open up the Bible and spend time with God.
- Be around others. We have a tendency to slip into sin when we're alone, intentionally be around others.
- Help others.

It's not just running away from something. We have to run in a different direction.





What part of sexual integrity do you need to intentionally move in the direction of?

Technology is good, and technology is powerful.

Maybe today it's time for us to consider if there's more power to technology than we may have thought possible.

Imagine being a person of sexual integrity in this area.

You can see God working when you choose sexual integrity and experience God helping you live that out. God loves you and wants the best for you!

## — Part 3: Q&A Panel Activity Night —

Series Recap- Shaun

### **Following Jesus will help you become the right person.**

- Love like Jesus by: putting others before yourself, forgiving others, and praying for others you're not getting along with.

### **God created sex to be good and powerful.**

**God's intended design (Genesis 1:26-28a):**

- **God made people.** (Genesis 1:27)
- **God assigns gender.** (Genesis 1:27)
- **God made sex to be good and powerful.** (Genesis 1:28a)
  - **Good:** feels good, expression of love, celebration of the covenantal commitment between husband and wife.
  - **Powerful:** brings two people together in an intimate way, it creates life (babies are made), it bonds relationships, but if misused and corrupted it can break relationships.

**Whenever we live against God's design, we end up hurting ourselves and others.**

**In light of how God intended sex, sexuality, and gender, we should live with sexual integrity.**



**Sexual integrity is guarding your potential for intimacy through appropriate boundaries and mutual respect.**

### **Technology is good and powerful.**

- Technology is a poor substitute for real sexual connection.
- Technology is a poor education tool for sex.
- Technology makes it easier to treat people worse.

**When we turn to technology to satisfy our sexual desires, it leads us away from sexual integrity.**

#### **Flee from sexual immorality.**

- Runaway by cutting off access to temptation.
  - Delete apps, delete access to app store, put a filter on, know when you're most vulnerable.

#### **Run toward.**

- **God-** pray, open up the Bible and spend time with God.
- **Be around others.** We have a tendency to slip into sin when we're alone, intentionally be around others. Help others.
- Productivity. Do your homework
- Sleep

### **Q&A with Aiden, Keiko and Justin, and Shaun**

*Heart posture when we answer: Let's not laugh or make fun of the questions that are being asked. The youth may shut down from listening if we do that. Let's be respectful and empathetic, speaking the truth with love.*

*Share at least one scripture from the Bible to help give our youth an anchor of truth to hold on to.*

#### **Justin**

1) How do you know if the person is worth pursuing?

- A wife of noble character who can find? She is worth far more than rubies.

Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life. Charm is deceptive, and beauty is fleeting;



but a woman who fears the Lord is to be praised. - Proverbs 31: 10-12, 30

Shaun

2) Is there a christian way to "flirt" or respectable way to? Godly rizz real? How to obtain?

- *Woe to the world because of the things that cause people to stumble! Such things must come, but woe to the person through whom they come! - Matthew 18:7 ESV*
- *3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others. - Philippians 2:3-4*

Keiko

3) How can I create boundaries that actually work?

Genesis 13

Justin

4) Does it (or should it) matter if your faith is different or the same?

- *Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? What accord has Christ with Belial?<sup>2</sup> Or what portion does a believer share with an unbeliever? - 2 Corinthians 6:14-15*

Shaun

5) How do you know how much to share with your partner about your personal life while still setting boundaries?

Aiden

6) What are the benefits/why is it important to be single?

*"But seek first the kingdom and his righteousness, and all these things will be given to you as well." - Matthew 6:33*

Keiko



7) What if your friends bring up valid concerns about your significant other? How much should you consider their opinions?

- Plans fail for lack of counsel, but with many advisers they succeed. -Proverbs 15:22

Keiko

8) What mentality should a christian have when it comes to dating? Should the aim, regardless of age/area of life/goals/etc, always be marriage?

Justin

9) How do you know you're becoming/now the person that the person you're looking for is looking for?

- Proverbs 31 again,
- For there is no good tree which produces bad fruit, nor, on the other hand, a bad tree which produces good fruit. 44 For each tree is known by its own fruit. For men do not gather figs from thorns, nor do they pick grapes from a briar bush. 45 The good man out of the good (aa)treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart. "Why do you call Me, 'Lord, Lord,' and do not do what I say? -Luke 6:43-46

Justin

10) How do you shoot your shot as a Christian? Invite to church? Slide into DM's with a Bible verse?

- Unequally yoked reference - 2 Corinthians 6:14-15 as prerequisite
- Be clear about what you're asking - define the relationship, and why - what is the purpose?
- Have a plan in mind - where you'll be taking her and what you'll be doing.
- 1Follow God's example, therefore, as dearly loved children 2and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. 3But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. - Ephesians 5:1-3

Aiden



11) How do you know what you want in a relationship when you haven't been in a relationship before?

"Call to me and I will answer you and tell you great and unsearchable things you do not know."  
- Jeremiah 33:3

Keiko

12) When you notice a friend is going through an unhealthy cycle of breaking up and getting back together, how do you respectfully bring up the conversation to help them?

## — PART 4: CONVERSATION WITH BRITTANY AND EDWARD SARIOL —

Welcome students.

This is Our Sex Talk series.

Give the why behind our series.

Resource: [Explicitmovement.org](http://Explicitmovement.org)

Introduce Brittany and Edward Sariol

Eddie's Testimony

Brittany's Testimony

### **Questions we'll cover:**

Why can't we trust our feelings?

Are people born this way or is it a choice?

Doesn't God want people to be happy?

What does the Bible say about homosexuality?

Is change possible?

What does the Bible say about gender?



How can I reach out to our LGBT friends?

Conclusion: 5 things you need to know.

Q&A

Prayer

## — Part 4 Message Direction —

When it comes to topics like sex, there are probably things that we'd prefer to keep to ourselves.

It may be tough for us to open up about some areas of our lives even to our closest friends.

Why is it difficult?

**We don't feel like we have a safe *place* to talk about it fully.**

**We don't feel like we have a safe *person* to talk about it fully.**

**We don't feel like we have the *courage* to talk about it.**

What is a better way? We'll let's talk about it!

***Carry each other's burdens, and in this way you will fulfill the law of Christ.***  
***Galatians 6:2 NIV***

**When Paul talks about BURDENS: he's talking about struggles and temptations.**

This includes sexual temptations. Paul knew the church in Galatia and the struggles and the temptations they were facing and he knew that keeping these struggles and temptations to themselves would make life harder for them.

When we carry the extra weight of secrets and shame when we don't let someone know us fully. Paul tells us that as followers of Jesus that we should count on one another to help carry the weight of struggles. It's better for us that way.

**Fulfill the law of Christ: he's talking about love.**

Jesus' greatest command (or law) was to Love God, love one another, .

Paul is saying that one of the ways we can love is by helping carry each other's burdens, or struggles.

When we do this, we are doing the thing Jesus said mattered the most.

We are loving each other and loving our own lives, sharing the stuff that is weighing us down.



**Paul wrote this to the church.**

And that makes it helpful to us as a church today. Church should be a group of real people with which we can talk about the ups and downs, the good and the bad, and the wins and struggles of life.

Church should be a safe place to talk about anything, including sex.

Later in the New Testament, another writer named John said this:

*This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.*

*If we claim to have fellowship with him and yet walk in darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us.*

**1 John 1:5-8 NIV**

John is telling us as followers of Christ, we are called to trust that God is good and live like this is true.

We are invited to live in the way God says is best. To treat ourselves and others in the way that we would like to be treated.

This includes having fellowship with others in authentic community with other Jesus-followers.

John says that part of following Jesus is living in close relationship with each other.

It looks like spending quality time with other people who are following Jesus.

Having meals together and just enjoying each other's company.

It means having real and good conversations with each other in a way that goes beyond :how are you doing? Fine.

But then John mentions sin:

Sin: means we sometimes miss the mark for what God says is best.

He says that if we claim to be without sin, we're lying to ourselves.

We all have this kind of stuff in our lives. We all have dark stuff in our lives. The things we don't want to talk about or aren't sure how to bring up. All of us! If we say that we don't have sin, we're not living in truth.

And then John says this:



*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

*1 John 1:9 NIV*

This is good news! After John talked about the light, he talked about bringing things into the light.

He used the word "Confess," which means to admit.

John invites us to live authentically so that we aren't carrying the weight of those things we've kept in the dark.

This seems odd, because it kind of feels like it would be safer to keep some things in the dark. We need to know: Turning on the light makes things better.

### **Darkness Illustration**

But have you ever been in a strange place and felt a little nervous because it was dark? Have you ever been in a familiar place and felt nervous? If you walked in the bathroom at someone else's house at night and it was completely dark, would you feel better once you turned on the light? Yes, you'd feel safer. Turning on the light makes things *better*.

**John is telling us to turn on the light when it comes to things inside our hearts.**

There are things that live in the shadows. We keep them a secret because we aren't sure how to talk about them. Or we feel shame to talk about them.

*John is telling us that the best thing that we can do is confess.*

So we need to know that:

**Confession is good and confession is powerful.**

In light of what we're talking about today, the one thing you can do to turn on the lights in your life is to:

### **Confess.**

- **To God.**

Spend some honest time with God. Tell God what you've been doing, thinking, feeling, hiding, etc.

Confess to God about the decisions you've made where we may have stepped outside of alignment with sexual integrity.

Share everything you can think of, good or bad.





Ask God to reveal things going on in your heart and life that you may not even know about.  
As things come to mind, confess them.  
Put them in God's loving hands.

- **To someone safe.**

The church is meant to be a safe place where we walk with one another through anything.  
Small groups are meant to be the safest place in the world for you to talk about anything.  
It's a safe place for you to open up to someone about your thoughts, feelings, and questions.

But I also know that it's not always as simple as that.

We can share with someone safe about something that's been done to us that wasn't our fault.  
We can process it and bring it to the light.

There are some things that you may not feel comfortable sharing with the entire group.  
Or they would simply be too painful - or would take too long- to tell the group.

In that case, find a trusted older person that you'd feel safe talking to- set up a time to have a conversation soon.

Think of someone who accepts you, loves you, and respects you.

Someone who wouldn't judge you and is a good listener or advice giver.

Really anyone who has those traits plus any others that make them a safe person to you.

OR, you can even ask your small group leader if they are up to have a one-on-one conversation after group.

## **PERSONAL STORY**

Pornography was a challenge for me that I kept a secret. I was exposed to it through friends that went to my school. They weren't my closest friends but kids I hung out with. The curiosity fed the lust in me. By the time I got into high school I was addicted to it. Even though I was not a christian back then, there was a part of me that it was dirty and was taboo. I was living in darkness. So guilt and shame took root in me. My other friends were addicted too, so we were all in the same boat, but we didn't talk about it.

But when my friends invited me to church, I learned about God and I started being part of a small group and it changed my life. The guys were so honest and shared their struggles with lust, but they overcame their addictions and promiscuous life of the past, and they were honoring God with their bodies! Through the group I realized that I wasn't alone. For the first time ever, I heard real life people who talked openly about it and they were living to honor God and had a changed life.



The group helped me to open my life up to God and to others. Over time, I began to see victory happen in my life to overcome this addiction! Over time, when challenges came up, I chose not to live in darkness anymore, and chose to bring it to light.

I had trusted friends that I could open up to. They were not judgmental, but they really helped shoulder the burdens I faced.

I learned to open up about my family's brokenness-

- the arguing between my parents- they encouraged and prayed for me to not give up fighting for my family.
- The time when it was found out that my dad was borderline cheating on my mom- they listened to me, encouraged me and prayed for me and my fam.
- When I became interested in pursuing girls I asked for their advice. They loved me enough to speak the truth to me, and loved me regardless if I took their advice or not.

Confession is powerful because it draws us closer to God and each other.

## WE

God's love for us never changes, no matter what we do. It's unfailing.

Confession is not intended to increase guilt. It's about bringing things to the light dfo the sake of healing and relief. The result isn't judgment- it's freedom.

### **Confession is good and confession is powerful.**

We all have a tendency to hide or pretend like everything is perfect when it's not.

Especially when it comes to the topic of sex.

Instead, we can come to God and someone else just as we are.

We may discover that in our brokenness and honesty, we can develop even more intimacy with God and trust in His love!

What if the church was full of people who helped you carry your burdens?

What if the church was full of people who were for you and had your back?

What if the church was full of people who were willing to walk with you and help you get through the difficult things you face?

That sounds good doesn't it?

Why don't we all work together on becoming that type of place for each other! I think that if we did, it would be a lot easier to feel safe to talk about some of the things that are often difficult to talk about.



## — Part 5 Message Direction —

### INTRO

This Topic means a lot to me!

#### **Boundaries are there for a reason.**

- Any students going thru drivers ed right now? Anyone excited to learn how to drive?
- Is there a reason we paint lines on the road? To keep the flow of traffic
- Do people still get into accidents? Yes
- Vietnam traffic - If there's a bus better get out the way. Crosswalks.

You may just think I'm going to come up here and say "Boundaries are important, follow the rules or get wrecked"

There's a deeper meaning to it. There's a reason why we have drivers ed and they emphasize the basics and the why so much.

Boundaries are important and need to start earlier. The earlier you get it =, the easier it can get.

As we close out this conversation about sex and sexual integrity we are going to dive deeper into this topic of boundaries:

Let me pray!

### TENSION

*So Boundaries are a good thing right? Same as driving, same as sex. But why?*

I honestly wish I knew this earlier on in my life, cuz honestly throughout high school and college my boundaries weren't the worst but weren't the best. Get in a lot less trouble.

There's a reason we can't make a sudden u - turn on da free way right?

The problem is with **boundaries, is that we see it as a limitation of our freedom**. And we all want freedom right? This is America!



- I should be able to stay out with my friends as late as I want. No consequences or nothing.
- I should be able to eat what I want, I have a good metabolism, ill be fine,
- I should be who I want to be, because it feels good, even if my parents warn against it..

We like having that space. And we don't like being told what to do.  
It's actually a part of our human nature.

And when it comes to sexual stuff.. Same thing. This is exciting, this is new, this feels good, I want this.

And even if you haven't had any experience and its just a thought for you. It's easy for us to be curious, to let our thoughts and our eyes wander.

Even if we are being told "no" about something and WE AGREE, we still don't like it. Don't put me in a box.

And on the flip side **no one likes it when our own boundaries are crossed.**  
If you were asked to send a picture you didn't want to send.. or you were guilted into going physically further than you wanted to go..

No one likes that feeling, regardless of what happens.

So all these things paint boundaries as a bad thing. But what if they were never meant to be?  
What if instead if borders and boundaries actually allowed for a new freedom. A new way to make powerful decisions for ourselves?

## TRUTH

What is that? Where do I find that? I'm glad you asked. It's in the Bible.

We going back to the garden, everyone say GOING BACK GARDEN.

What I mean is back to Genesis, but the start of creation, the beginning. Where we can learn something about boundaries.

But quickly before that I want to go over once more another passage we have been talking about in this series:



"Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your bodies" (1 Cor 6:18-20 NIV)

This is a powerful verse.. We are sexual beings, and it is okay to have those desires, to be attracted to someone else. It is a good thing, and it's honestly so disappointing how dark and shameful the world paints it.

We are being instructed to flee or run from sexual immorality and instead run towards sexual integrity. Paul is telling us that when we're about to cross the boundary lines, we go the other way.

Now why is it important? We go to Genesis:

"Adam and Eve were both naked, and they felt no shame" (Genesis 2:25 NIV)

Why is this verse in the Bible?

Its really so we can see God's intention.. For people to be free. For Adam and Eve to vibe together, be intimate together and feel no shame. For them to be known with without feeling dirty or bad about it. They were still sexual beings and guaranteed they were going to fill the earth, that was Gods intention.

Does want that? To be naked all the time? Sign me up, jk To be without shame? To be Free the way God intended? But guess what they still had boundaries:

If you move forward in the chapter Adam says to God:

"He answered, 'I heard you in the garden, and I was afraid because I was naked; so I hid'" (Genesis 3:10 NIV).

What happened? Weren't they just feeling extra free. And Secure in themselves? And now they are naked and afraid?

What happened in between these two verses is that Adam and Eve crossed the boundaries that God had set up for them. Once the boundary was gone, that's when they felt fearful and ashamed. Or nor

What's interesting is that **Adam and Eve saw boundaries** from the beginning

- Earth and sky



- Land and Sea
- Dark and light

Humans were placed in the garden with their boundary. Don't couldn't eat from a certain tree. And every boundary God set was good.

We can kinda see this all around us, People with good boundaries tend to do better. Such as financial boundaries, physical health, even social boundaries (offend less people).

Its the same with our sexual lives. When we decide that our boundary will be to live with sexual integrity. We honor the boundary that God designed for us.

There was a time when I did not have great boundaries.

Caught up in putting myself first, and actually. Em and I both were in that place.

We were kinda crazy and just did whatever we really wanted.

- Spend insane hours together,
- Were intimate with each other outside relationship
- stayed over with each others places
- Unhinged

But Keep in Mind

- We didn't have Biblical Community
- We didn't have accountability
- We weren't even officially together
- We were on a path of searching for belonging, comfort and escape from life

And It led to a lot of confusion, shame, guilt and even pain. We didn't understand the direction we were going, we kept things from family and the right people, we felt far from God.

But God is a redeeming God and we were able to get those things we were missing and really were given another chance.

And trust me it's hard to go backwards, but we decided to have strong boundaries with the purpose of honoring each other and God to go towards marriage.

It's not perfect..

But when boundaries are agreed to and done right there really is freedom! The weight of all those things were gone, and staying in the light brings each other closer to God and his why. Ultimately going down the path of marriage and its amazing!

And now we can share this testimony!

We all have a choice to make when it comes to boundaries:  
Two takeaways.



## 1. Understand your why.

- Understand why you should have boundaries.
- Purity is an awesome gift, whether you've been pure your whole life or you just make a commitment now moving forward to have boundaries that have purpose.
- Protect you from pain and the nasty stuff out there in the world.

## 2. Decide and speak out.

- Decide your boundaries, alone or in a relationship. Have that talk with yourself, if I got in that situation. What Am I gonna do.
- Speak out, talk about it. Build accountability around it. For those not in a relationship you are preparing to be in one.

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### How do we find our True Identity?

We need to find our identity in who God says we are.

### God's intended design for humanity.

Scripture:

*Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."*

*So God created human beings in his own image.  
In the image of God he created them;  
male and female he created them.*

*Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it."  
Genesis 1:26-28a NLT*

Here's what we learn directly from this Scripture.

### God's Intended Design

#### God made people in His' image. (Gen 1:27 NLT)

*Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."*



### *Genesis 1:26 NLT*

Truth of who God created you to be: Every person is uniquely made in the image of God, so the very fingerprint of God is imprinted into every human being. Therefore every person is valuable, worthy of love, dignity, and respect.

### **God assigns gender. (Gen 1:27 NLT)**

*So God created human beings in his own image.*

*In the image of God he created them;*

*male and female he created them.*

*Genesis 1:27 NLT*

Truth of who God created you to be: God created human beings either male or female. Therefore men and women are equal in dignity, but different in their biological design and calling. Throughout Scripture we see God's intended distinctions and differences between men and women's roles in culture and society. Genesis 2, speaks of this importance of complementary relationships between men and women. There is meant to be a combining of the roles of men and women in society in such a way as to enhance the qualities of each other.

### **God made sex to be good and powerful to bring life into the world. (Gen 1:28a NLT)**

*Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it.*

*Genesis: 1:28a NLT*

Truth of God: Since God assigned and designed men and women's bodies, it allowed the ability to "be fruitful and multiply." So God blessed man and woman to be together in a marriage union to procreate and populate the earth.

*These 3 Truths are the foundational things we need to know about who God created us to be.*

*So whenever we are confused or feel lost, we need to set these as anchors of truth to direct and guide our lives.*

If this is how God intended humanity (you and I to be), what went wrong? Why is there this tension in our culture and our world?

The problem is *sin*.

Let's learn more about this problem, God's solution through Jesus Christ, and our response.





## **Chapter 1- Salvation. Of the One 2 One Discipleship app.**

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Please check back here for the latest updates.

Last updated: 8/25/2023, 3:06pm